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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Just a Touch of Autumn

By Arleen M. Kaptur

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The calendar pages drop so quickly and Summer is over – the fun, get-togethers, vacations, outings, family, etc.

Absolutely not – the most colorful, exhilarating and exciting season is about ready to arrive.

Autumn–Fall–Harvest Time – whatever name you attach to this time of year – it is a tribute to the world around you as the Holiday Season is fast approaching and great times are just ahead.

Fall gets the "baking" instinct in you up and about – whether you do the baking or a quick trip to a neighborhood bakery. Warm, fresh and succulent apple offerings–pie, doughnuts with cinnamon and sugar, and caramel iced sticky buns, to name a few.

Hay stacks, wagon rides, Indian corn, corn stalks, colorful mums (yellow, white, burnt orange, vibrant purple), and pumpkins – tiny orange globes and even white ghostly ones to the biggest, brightest Jack-o-Lantern you can find on a cool Autumn afternoon.

There are gourds and straw bales and garden decorating and soon assorted night-time creatures will be lurking around corners and doorways.

Fall is Fun – Autumn is absolutely tantalizing.

Whether you are sipping on a warm glass of apple cider or working your way through a corn maze – just make sure that you and your family or friends venture out and take advantage of each and every Fall day – and don't forget that true sign of Autumn – a campfire or bonfire in your back yard or in a woodsy campground. The scents of Fall fill the air and the breezes bring adventure anew.

Jump in that leave pile like you were a kid again, and toast those marshmallows. You are never too old or young to enjoy Fall – so

ENJOY!

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Arleen M. Kaptur – author of books and articles on living a simple/rustic lifestyle <http://www.arleenssite.com> for a free newsletter

Autumn Wreaths Mark The Season

By Dawn Keadic

Wreaths are sometimes thought of as a Christmas-only decoration. This is a short-sighted view, as a beautiful wreath can be used to decorate a home for any season. Wreaths made to celebrate the autumn months can be very attractive home decorations.

Autumn wreaths often attempt to take the most beautiful elements of the fall season and to combine them in one artistic statement. They will often feature the striking colors of fall foliage and often reflect an "outdoors" or "country" look.

Autumn wreaths can be based on any number of foundations. Some have found the rustic and neutral look of a grapevine wreath makes a perfect foundation for an autumn wreath. Others may prefer to work from a woodier twig base. It is even possible to start with a basic wreath form (often made of foam and available at craft and hobby stores). Whatever option is used can work wonderfully as a springboard for beautiful fall decorating.

Autumn wreaths can be made from the season's fallen leaves. Such projects, although beautiful, are short-lived as the leaves dry and crack. As such, many wreath makers rely upon silk and other artificial leaves to decorate their wreaths. Accents are often provided by simple homemade bows. Small seasonal decorations (for instance a miniature scarecrow) are sometimes attached to the finished product with a glue gun as a way of commemorating the autumn months.

There are no rules or limits one must obey when creating an autumn wreath. The idea is to capture the essence of autumn in the wreath, and that can be accomplished in any number of ways. An autumn wreath is an exercise in creativity and many beautiful decorations have been produced around the theme.

Wreaths are not exclusively for the Christmas holidays. A decorative wreath can brighten any home, and wreaths celebrating autumn provide a unique opportunity to bring the essence of the outdoors into one's home.

Dawn Keadic enjoys decorating with wreaths, both indoors and outdoors. For more information on Christmas, fall and autumn wreaths, including wreaths you can make at home, visit



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